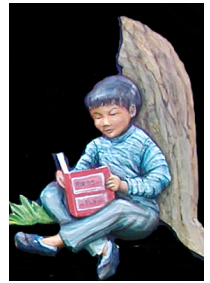


## **GREETINGS FROM COOLIDGE SCHOOL**

*March 23, 2015*

[www.shrewsbury-ma.gov/schools/coolidge](http://www.shrewsbury-ma.gov/schools/coolidge)



Dear Families,

When you assign your child a job, does s/he stick with it? If so, what you're seeing in action is perseverance. We've been talking a lot about this tendency lately at Coolidge, in part because it's so related to effective effort. In fact, at a recent All School Meeting we watched a clip that depicts the importance of perseverance well. For the children I ran it through a program to remove all advertising, but the easiest way for you to find it is at this link: <https://www.youtube.com/watch?v=xjejTQdK5OI>

Not surprisingly, the students are initially captivated by the effort it takes simply to run. They've not seen indoor track events, or even a track that big. As you'll soon see, however, in this clip the runner featured is remarkable for reasons that go far beyond her ability to run: it's her determination that shines through. As we explain to the children, we may all start out in different places. How we progress has a lot to do with what we expect of ourselves along the way.

This morning our third graders began taking the PARCC exam. More than anything else the test presented yet another opportunity to talk about persevering. Initially, our third graders were struck by the work itself. After digging into the test, however, it seemed to us that the children connected the tasks demanded with their previous efforts- and they just got busy. With our fourth graders beginning on Wednesday, what I hope for is that every student gives it their personal best.

Thanks for your support of your child's efforts, at school and at home. Here are some additional resources, in the event you'd like to learn more about how to recognize, affirm and even manage persistence in your child:

~<http://www.zerotothree.org/child-development/social-emotional-development/tips-on-helping-your-child-be-persistent.html>

~ <http://www.ahaparenting.com/parenting-tools/emotional-intelligence/persistence>

~ <http://www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting/>

Sincerely,

*Amy*

# Fun Ways to Be Physically Active



Being a kid and being active is fun! Think of all the ways you like to be active in school, home, on vacation, at a friend's house, with your family. Getting an hour of physical activity a day is not problem when you take advantage of all the ways you can be active and have fun.

Here are some things you probably already enjoy that count as physical activity. Do you do any of these? Check the box if you do to remind you what you like when you feel like you're out of ideas.

- |   |  |
|---|--|
| <input type="checkbox"/> Ride your bike                   | <input type="checkbox"/> Practice karate                     |
| <input type="checkbox"/> Walk to school                   | <input type="checkbox"/> Play hopscotch                      |
| <input type="checkbox"/> Go out at recess and play        | <input type="checkbox"/> Go swimming                         |
| <input type="checkbox"/> Skateboard with your friends     | <input type="checkbox"/> Play tennis                         |
| <input type="checkbox"/> Play basketball                  | <input type="checkbox"/> Go to the park                      |
| <input type="checkbox"/> Jump rope                        | <input type="checkbox"/> Play softball, or baseball          |
| <input type="checkbox"/> Dance with your friends          | <input type="checkbox"/> Play soccer or kickball             |
| <input type="checkbox"/> Walk the dog                     | <input type="checkbox"/> Play catch with a ball or a frisbee |
| <input type="checkbox"/> Take a hike in your neighborhood | <input type="checkbox"/> Take a dance or gymnastics class    |

Come up with a game plan for getting your at least one hour of physical activity every day. Write down some activities you like to do (consult the list above if you can't come up with anything!); decide how many minutes you'll spend on each activity and see how quickly it can add up!

NAME OF ACTIVITY	# OF MINUTES

Adapted from <http://www.fcs.uga.edu/ext/efnep/pubs/active.pdf>

**Get up! Get out!**  
**Get at least an hour of physical activity.**  
**Make sure it's fun!**





# Step Away from the Screen!

## Ways to Shake Up Your Routine

It's hard to cut back on screen time when you're used to turning to the TV or computer for entertainment; we know! Here are some great ways to figure out other things and other ways you can spend your free time. Good luck!



**Mom! Dad! I'm bored...**

*What parents can do when they hear this - instead of turning on the TV or computer.*

Role model, role model, role model. Don't use the TV or computer excessively. Let your kids see you turn off the TV and turn to them for a fun activity!

Do not put a TV or computer in your child's bedroom. It's too tempting!

Start a list of things that you and your family can do together that doesn't involve a screen — tack it to a bulletin board or stick it on your fridge where you can see it easily (and add to as ideas come).

Make certain days or times screen-free e.g. no TV or video games on school nights, or "No TV Tuesday".

Discuss and enforce your rules around screen time. Set limits and stick to them!

Talk about it in a positive way. Instead of "turn off the TV," say "instead of watching TV right now, let's go on a nature hike." Offer fun options instead of just saying no.

When the TV is on, sit down and watch with your kids. Talk to them about the shows they like. Schedule shows to watch that the whole family will enjoy!

Remember: boredom most often leads to creativity. Stick with it and see what great things come from limiting screen time to two hours or less!

### Some Indoor Alternatives to Screen Time:

- ☐ Dance to your favorite music; let the kids DJ
- ☐ Set up an indoor obstacle course
- ☐ Keep a balloon aloft as long as you can
- ☐ Create a family art project
- ☐ Teach everyone a new game and play it

### Some Outdoor Alternatives to Screen Time:

- ☐ Organize a neighborhood scavenger hunt
- ☐ Take a walk with your family
- ☐ Ride your bike to the nearest playground
- ☐ Play catch with friends and/or family
- ☐ See how many jumping jacks you can do

## Step Away from the Screen!

## Shake Up Your Routine!

Adapted from the LIVE OUTSIDE THE BOX Toolkit  
from the King County Overweight Prevention Initiative





# Healthy Kids' Snacks

Snacks are a bigger part of kids' diets than in the past. Snacks can make positive or negative contributions to kids' diets — depending on the choices we offer. Next time your children say, "I'm hungry," or if you need to get them through to the next meal, reach for one of these healthy snacks.



## Vegetables

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Popular vegetables that can be served raw with dip or salad dressing include:

- Broccoli
- Baby carrots
- Celery sticks
- Cucumber
- Peppers
- Snap peas
- Snow peas
- String beans
- Grape or cherry tomatoes
- Yellow summer squash
- Zucchini slices

## Low Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods are low fat or nonfat.

- Yogurt
- Lower fat cheese
- Low fat pudding and frozen yogurt – Serve only as occasional treats because they are high in added sugars.

**For dips:** Try salad dressings such as nonfat ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter.

## Fruit

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes (red, green, or purple)
- Honeydew melon
- Kiwifruit
- Mandarin oranges
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears

(continued on other side)





## **Important Upcoming Dates:**

<b>Thursday</b>	<b>March 19 Trimester 2 ends</b>
Tuesday	March 31 Special State Election
<b>Monday</b>	<b>April 6, Report Cards go home</b>
Thursday	April 16, PTO Meeting, 7 pm in the Media Center

## **PARCC Assessment Dates (PARCC replaces MCAS starting this year.)**

### **Grade 3**

English Language Arts

**TOMORROW: March 24 and FRIDAY, March 27**

Math

March 30 and March 31

### **Grade 4**

English Language Arts

March 25, March 26, and March 27

Math

April 1 and April 2

## **End of Year Assessment**

### **Grade 3**

English Language Arts

May 11

Math

May 13 and May 14

### **Grade 4**

English Language Arts

May 12

Math

May 18 and May 19

**FYI**

## **1. Congratulations, Coolidge artists!**

Smita Bhogle (in Grade 4), Rachel Lineman (Grade 2), and Jacob Callahan(Grade 1) have their art displayed at the Worcester Art Museum for

Youth Art Month!

We are very excited to be participating again this year, as last year Worcester did not host Youth Art Month. We are also very proud that Shrewsbury is so well represented in the show.

Check it out: the exhibit runs from now until March 30<sup>th</sup>.

**2. Attention 4th Grade Parents: 4th Grade End of Year Ceremony Meeting – THIS Thursday March 26th.**

There will be a meeting regarding the 4th grade End of the Year Completion Ceremony. Parents of fourth graders whom are interested in helping out with this event can join us on Thursday, March 26th at 3:30 in Miss Finneran's Room on the 3rd floor.

**3. Shrewsbury Road Scholars 5K and 1-Mile Fun Run**

Who is up for the challenge of participating in the Shrewsbury Road Scholars 5k/Fun Run?? Both the mile race and the 5K race start at 12pm on Sunday, April 12th at Oak Middle School. The registration form is on the SPS website. For more information, visit:

[www.shrewsburyroadscholars.org](http://www.shrewsburyroadscholars.org) Hope to see you there!